Intermittent Fasting Grocery List: 44 Simple Foods, Free PDF

Free printable. Full guide and tips: https://betterlifecarez.com/intermittent-fasting-grocery-list/

The Intermittent Fasting Grocery List: 44 Foods

- **Stock up:** build most meals around these.
- **Moderate:** great foods, but measure portions.
- **Limit:** occasional only, and never during fasting hours.

All numbers are approx. and rounded from USDA FoodData Central. Brands vary, so check the label.

Proteins (8 foods)

Item	Typical serving	Key number (approx.)	Label	Note
Eggs	1 large	6 g protein	Stock up	Quick first meal
Chicken breast, cooked	3 oz (85 g)	26 g protein	Stock up	Batch-cook for the week
Canned tuna in water	3 oz drained	20 g protein	Stock up	Light tuna is lower mercury
Salmon, cooked	3 oz	22 g protein	Stock up	Frozen fillets save money
Ground turkey, 93% lean	3 oz cooked	22 g protein	Stock up	Tacos, bowls, meatballs
Plain Greek yogurt, nonfat	6 oz (170 g)	17 g protein	Stock up	Skip flavored, add fruit
Cottage cheese, low-fat	1/2 cup	12 g protein	Stock up	Check sodium on label
Firm tofu	3 oz	8 g protein	Stock up	Press, then pan-fry

Vegetables (8 foods)

Item	Typical serving	Key number (approx.)	Label	Note
Spinach, raw	2 cups	14 calories	Stock up	Wilts into eggs or soup
Broccoli, cooked	1 cup	5 g fiber	Stock up	Frozen florets work fine
Brussels sprouts, cooked	1 cup	4 g fiber	Stock up	Roast for sweetness
Cauliflower	1 cup raw	2 g fiber	Stock up	Riced bags bulk up meals
Bell pepper	1 medium	2 g fiber	Stock up	Crunchy raw snack
Carrots	1 medium	2 g fiber	Stock up	Baby carrots for lunches
Mushrooms	1 cup raw	15 calories	Stock up	Adds savory flavor
Cucumber	1 cup sliced	16 calories	Stock up	Mostly water, very refreshing

Fruits (6 foods)

Item	Typical serving	Key number (approx.)	Label	Note
Raspberries	1 cup	8 g fiber	Stock up	Frozen bags last months
Blueberries	1 cup	4 g fiber	Stock up	Top yogurt or oats
Apple	1 medium	4 g fiber	Stock up	Eat the peel
Orange	1 medium	3 g fiber	Stock up	Whole fruit beats juice
Banana	1 medium	105 calories	Moderate	Handy pre-workout fuel
Raisins	1/4 cup	120 calories	Moderate	Easy to overpour

Whole Grains, Beans and Starches (8 foods)

Item	Typical serving	Key number (approx.)	Label	Note
Rolled oats	1/2 cup dry	4 g fiber	Stock up	Overnight oats break fasts gently
Lentils, cooked	1/2 cup	8 g fiber	Stock up	Also about 9 g protein
Black beans, canned	1/2 cup	7 g fiber	Stock up	Rinse to cut sodium
Chickpeas, canned	1/2 cup	6 g fiber	Stock up	Roast or toss in salads
Quinoa, cooked	1 cup	5 g fiber	Moderate	Also about 8 g protein
Brown rice, cooked	1 cup	220 calories	Moderate	Pair with protein and veggies
Sweet potato, baked	1 medium	4 g fiber	Moderate	Microwaves in minutes
Whole wheat bread	1 slice	2 g fiber	Moderate	Look for 100% whole wheat

Healthy Fats and Dairy (7 foods)

Item	Typical serving	Key number (approx.)	Label	Note
Avocado	1/3 medium	80 calories	Moderate	Makes meals more satisfying
Extra virgin olive oil	1 tbsp	120 calories	Moderate	Measure, don't free-pour
Almonds	1 oz (about 23)	165 calories	Moderate	Pre-portion into small bags
Natural peanut butter	2 tbsp	190 calories	Moderate	Ingredients: peanuts, maybe salt
Chia seeds	1 tbsp	4 g fiber	Stock up	Thickens yogurt and oats
Milk or unsweetened soy milk	1 cup	7 to 8 g protein	Stock up	Skip sweetened versions
Cheddar cheese	1 oz	7 g protein	Moderate	Strong flavor, small amount

Drinks for the Fasting Window (7 items)

Item	Typical serving	Key number (approx.)	Label	Note
Water	Anytime	0 calories	Stock up	Fine during fasting hours
Black coffee	8 oz	2 calories	Stock up	Watch late-day caffeine
Plain tea, hot or iced	8 oz	2 calories	Stock up	Unsweetened while fasting
Sparkling water, unsweetened	12 oz	0 calories	Stock up	Helps evening snack urges
Flavored coffee creamer	1 tbsp	35 calories	Limit	Breaks a strict fast
Fruit juice	8 oz	110 calories	Limit	Little fiber, quick sugar
Regular soda	12 oz	150 calories	Limit	About 39 g sugar

During fasting hours, stick to zero-calorie drinks: water, black coffee, plain tea and unsweetened sparkling water.